

Boys and Girls Nordic Ski Racing: Para Athletes

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Indicate the category of the proposed recommendation

State Tournament Recommendations regarding Format and Non-NFHS Rules or NFHS Experiments

Authors of the Proposal

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Activity/Activities (Check all that apply)

Nordic Ski Racing, Boys, Nordic Ski Racing, Girls

Current Rule/Policy

State the rule/policy as it appears in the current MSHSL Handbook or Activity/Sport Specific Rules and Policies.

There is not a current rule in place for this.

Proposed Recommendation

Submit your proposed change to the above-stated rule/policy.

- The application of a factor system to be put into place for all MN High School Nordic races including section and state meets for those athletes who have confirmed their Para classification with the U.S. Paralympics Nordic Team. Each athlete would need to complete basic certification through email communication with US Paralympic staff at uspnordic@gmail.com.
- These athletes would be placed and scored according to their factored time for all events.
- Every Para athlete would be given a 3% factor compared to their non-adaptive competitor, with the FIS Para Nordic standard factor applied on top of this 3%. Factors are taken from the FIS Para Nordic factor system with an additional 3% factor applied to their result time. This is to account for the high school races having primarily non-adaptive racers vs FIS Para Nordic races where all the athletes are Para athletes. (See chart below. The chart reflects the total time deduction that would be made for high school races.)
- Para athletes would need to ski the same course as non Para athletes.
- A USPN representative will provide an update to MSHSL on any factor percentage changes done on the FIS Para Nordic level. Percentages will be reviewed and adjusted annually to be sure to reflect any changes in order to provide the most accurate and updated percentages.
- Para skiers must comply with FIS Para Nordic rules during competition.

Include any other policies that are impacted by this proposal.

This proposal is consistent with the Leagues efforts to support persons with special disabilities. The United States Ski Association has long promoted para-competition in both Nordic and Alpine

events. There are mechanisms within the USSA that will assist in these efforts.

Rationale

What is the history of the proposal?

The League has a list of para activities within other sports. This effort is consistent with those efforts.

How does your proposal benefit education-based opportunities and MSHSL Mission and Beliefs for all Minnesota students?

This proposal would even/level the playing field for athletes who are skiing with impairments that inhibit their performance in Nordic Skiing.

- There were at least five skiers on High school teams in MN this season who raced on their team using one or no poles because of a limb difference. The application of the time factor for these athletes will allow them to compete fairly against all their peers who are using two poles. This system may also encourage other athletes with limb or vision differences to see the opportunity in Nordic skiing for them no matter their difference. This will encourage a great diversity of athletes into the sport of MN High School Skiing. Example of application of this proposal: Max Nelson (visually impaired skier) – Section 4 meet 2022. Max was 14th overall with (raw) times of: Classic: 16:02, Skate: 14:38 = total time of 30:40. His adjusted time with the proposed Para factor at B3 would be: Classic time: 16.02 –29 sec (3%) = 15:33. His skate time would be 14:38 - 26 sec (3%)= 14:12 His adjusted time = 15:33 (classic) + 14:12 (skate) = 29:45, a change of 55 seconds. His new placement with the adjusted time brings him to 10th place overall. (Max’s category of B3 would allow a 3% deduction. Athletes competing with limb differences would have times deducted according to the FIS Para Nordic factor for their category. Here is an explanation of each Para Nordic category: <https://www.fis-ski.com/en/para-snowsports/para-nordic/about-para-classification> on These deductions can be seen in the chart below. Again, these reflect the total deduction for Para skiers in the high school races)

What other policies are significant in this proposal?

The administration will need to calculate the factored time of any Para athlete for the results. A calculator for doing so can be found on the UPSN website (labeled, “Timing Programing: w/ compensation percentages – cross country race”: <https://www.usparanordic.org/club-coach-resources>

Provide evidence of support for the proposal from other groups

Support for this within the Minnesota High School Nordic Ski Coaches Association was 100%

Impact

How does your proposal affect this activity, including its impact on all classes, areas of the state, and variety of schools

The impact would be on inclusion for students with "eligible" special disabilities

Administration

How does your proposal impact section and state tournaments?

No impact

Length of Tournament

How does your proposal impact the needed competition time for section and state tournaments?

No time impact

Participants

How does your proposal impact the number of participants/teams?

There will currently be no impact on numbers. There may be a time when the league might want to add a special class or alter a course for sit-ski participants. That is not a part of this proposal.

How does your proposal impact the percentage of participants/teams that would qualify for the state tournament?

No impact

Facilities

How does your proposal impact the facilities needed to accommodate your recommendation at both the section and state level?

This impacts the need for equipment that would be acquired prior to section and state tournaments.

Awards

How does your proposal impact the number of awards at both section and state?

No Impact

Other

Provide any other pertinent information not included in this proposal

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Primary Author and Contact for Proposal

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